



SHOULD I GET A FLU SHOT?

Self-Screening Checklist for 2004 Flu Vaccine

BECAUSE OF THE SEVERE SHORTAGE OF VACCINE, MOST HEALTHY PEOPLE UNDER THE AGE OF 65 SHOULD NOT GET A FLU SHOT THIS YEAR. The primary goal of the flu vaccine programs is to reduce death from the flu in high-risk groups. The limited vaccine is reserved for people who are at high risk of these complications if they get the flu. The following list of common conditions that meet the federal guidelines published by the Centers for Disease Control and Prevention is provided to assist in determining if you should receive the vaccine this year.

I have one of more the following conditions or criteria: (Check all that apply)

- ☐ Age 65 and older
- ☐ Heart disease (e.g., congestive heart failure, valvular insufficiency, heart attack, stroke or angina)
- ☐ Lung disease (e.g., chronic obstructive pulmonary disease, asthma, emphysema, cystic fibrosis)
- ☐ Metabolic disease (e.g., diabetes, Addison's disease, Cushing's disease)
- ☐ Kidney disease (e.g., kidney failure, dialysis, polycystic kidney disease)
- ☐ Immune deficiency (e.g., steroid therapy, cancer, chemotherapy or radiation Rx, HIV infection, chronic hepatitis)
- ☐ Blood disorder (e.g., sickle cell anemia, hemophilia)
- ☐ A pregnant woman
- ☐ Someone who lives with a child under 6 months of age
- ☐ A healthcare worker who provides direct patient care during a majority of their day

If you checked any of the categories above, you should seek vaccination. However, it is still very early in the flu season - large outbreaks of flu usually do not occur before December. **The optimal time to receive the vaccine is anytime in October through November**, and may continue into December for those at high risk.

Even if you checked one of the boxes above, you should not receive vaccine if: (Check all that apply)

- ☐ You have a severe allergy to chicken eggs or other vaccine components
- ☐ You contracted Guillain-Barré Syndrome within 6 weeks after getting a previous flu shot
- ☐ You are moderately or severely sick (e.g. fever >100° ; postpone the shot until illness resolved)

Additional common medical conditions/criteria (Check all that apply):

- | | |
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| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Migraine headaches |
| <input type="checkbox"/> Hormone replacement therapy | <input type="checkbox"/> Work with the general public or elderly |
| <input type="checkbox"/> Elevated cholesterol | <input type="checkbox"/> Traveling to foreign countries |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> First responder/disaster worker or other critical position |
| <input type="checkbox"/> Smoker (but otherwise healthy) | <input type="checkbox"/> Live with someone in high risk category |

If the only box you checked is in the "additional conditions/criteria" above, you are not at high risk of death from the flu and should not seek vaccination this year. Be considerate and let those at highest risk have a chance to be immunized. *Preventing uncomfortable illness for 3-5 days, including those in sensitive positions is a secondary goal, which unfortunately cannot be achieved when we only have half the vaccine that is needed.* Take some comfort in the fact that you are at low risk of getting seriously ill with the flu. Use alternate ways to protect yourself against the flu and others germs this year: wash hands frequently, limit exposure to infected people, and avoid touching your eyes, nose and mouth after contacting others.

BRING THIS FORM WITH YOU WHEN GO TO GET THE FLU SHOT!

For more information go to www.foh.dhhs.gov or www.cdc.gov.